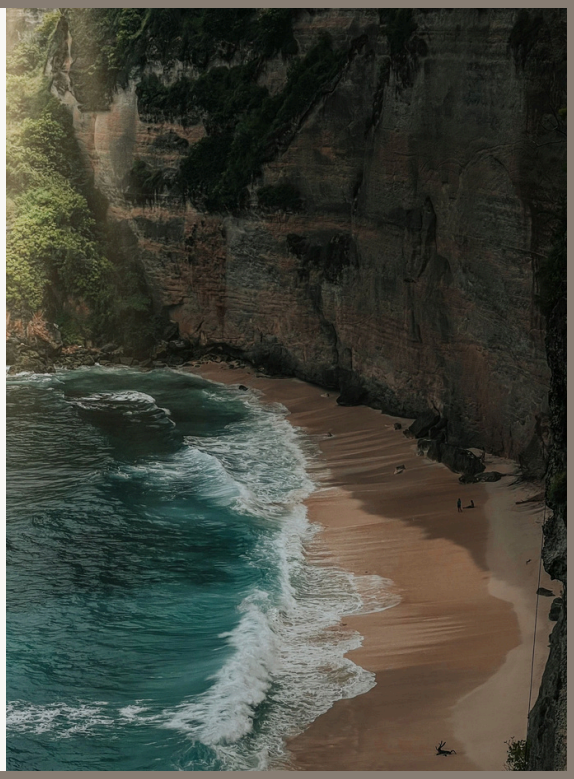
THE THERAPY INTENSIVE: WHERE TO STAY

Where you stay shapes how you recover between sessions, so we suggest a calm base close to good aftercare.

www.thetherapyintensive.com



WHY WHERE YOU STAY MATTERS



An intensive is deep work. Some days you will feel light and clear. Other days you may feel tired, raw, or full — and that is normal.
What you do between sessions matters as much as the sessions themselves. A good base lets you rest, move your body, eat well, and feel cared for, without long drives or busy roads.

Look for an area that is:

- Calm — easy to rest and sleep well
- Close — a short ride to a spa, gym, padel court, or good café
- Comfortable — safe, easy to get around, with good food and places to walk

Below are the eight areas we recommend, and what each one feels like.

PERERENAN

45–80 min

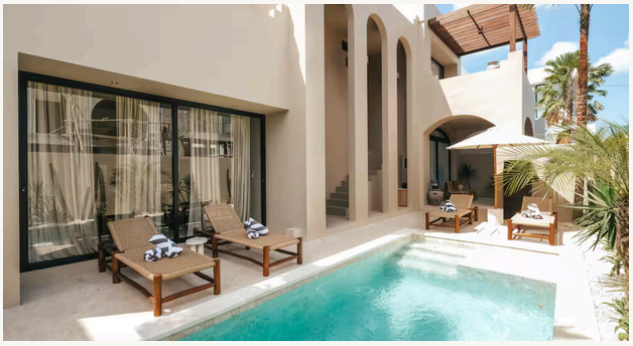
Best for: guests who want peace at home, with Canggu's gyms, spas, and food only 5–10 minutes away.

Calm, stylish, and close to everything. Pererenan sits just next to Canggu but feels quieter. Rice fields, a black-sand beach, and a slower pace.



PLACE TO STAY

Our Suggestion



VILLA RECOMMENDATION

CELLO VILLA

Rustic Mediterranean villa with 3 bedrooms, a private pool, fully equipped kitchen, and cosy living area. Perfect for a comfortable and private stay.

View Villa →



HOTEL RECOMMENDATION

NOEMA

A vibrant retreat in Pererenan, just a 3-minute walk from the black sand beach, blending Bali's rhythm with a creative community.

View Hotel →

GENTLE NOTE

These are only suggestions. You're free to choose and book your own stay. Your sessions can take place in your own villa, so pick a space that feels private and calm to you.

SESEH

50–85 min

Best for: guests who want deep rest and privacy, and are happy to take a short ride for gyms and restaurants.

Quiet and by the sea. Seseh is a small coastal village just past Pererenan. Wide beach, sunsets, and very little traffic. It feels like a hideaway.



PLACE TO STAY

Our Suggestion



VILLA RECOMMENDATION

STILL SESEH VILLA

Newly built 2-bedroom villa, just a 5-minute walk from Seseh Beach and 15 minutes from Canggu, surrounded by cafes, gyms, spas, and local essentials.

View Villa →



VILLA RECOMMENDATION

A.K.A CEMAGI TOWNHOUSE

Spacious 3-bedroom villa with a private pool in Cemagi, Munggu, near Karang Cemagi Beach. Fully equipped for comfort, privacy, and remote work.

View Villa →

GENTLE NOTE

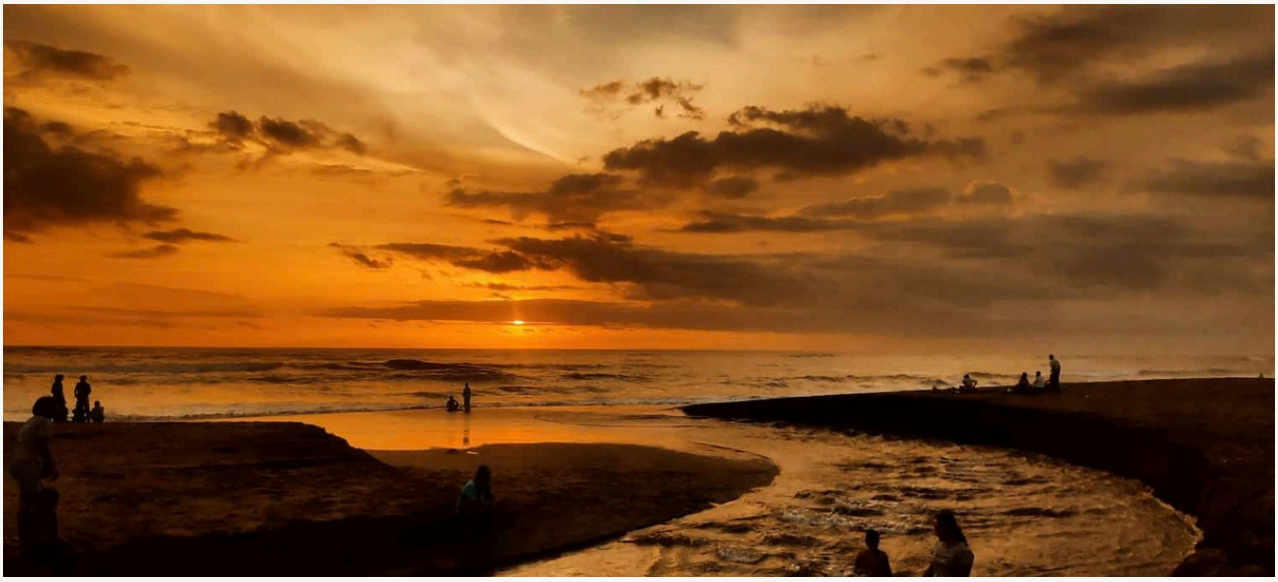
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KEDUNGU

1 hr 15–1 hr 50 min

Best for: guests who want quiet and nature above all, and prefer to rest at their villa or resort.

Wild, green, and slow. Kedungu is further west, with rice fields, surf, and open sky. It is peaceful and close to nature, with a small, growing scene of cafés and boutique stays.



PLACE TO STAY

Our Suggestion



VILLA RECOMMENDATION

CASA CALUNA

Cosy 2-bedroom villa in Tanah Lot with spacious living areas and three bathrooms, perfect for a relaxing Bali getaway.

View Villa →



HOTEL RECOMMENDATION

NIRJHARA RESORT

A luxurious tropical retreat surrounded by lush greenery, offering peace and privacy near Bali's volcanic-sand beaches.

View hotel →

GENTLE NOTE

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SEMINYAK

30–45 min

Best for: guests who like having everything close and enjoy some energy around them. Pick a stay on a quiet side street for better rest.

Polished, lively, and full of choice. Seminyak is Bali's classic upscale area. Boutique shops, beach clubs, and some of the island's best restaurants and spas.



PLACE TO STAY

Our Suggestion



VILLA RECOMMENDATION

VILLA KIRI

A 2-bedroom retreat near Seminyak and Canggu, with a private pool, rooftop terrace, and daily cleaning.

View Villa →



HOTEL RECOMMENDATION

KANVAS RESORT

Kanvaz Village Resort is a lifestyle boutique hotel in the heart of Seminyak, just steps from the beach.

View hotel →

GENTLE NOTE

These are only suggestions. You're free to choose and book your own stay. Your sessions can take place in your own villa, so pick a space that feels private and calm to you.

UMALAS

30–60 min

Best for: guests who want a private villa feel with easy reach to both Seminyak and Canggu.

Leafy, private, and central. Umalas is a green, residential area between Seminyak and Canggu. Think private villas, rice fields, and quiet lanes.



PLACE TO STAY

Our Suggestion



VILLA RECOMMENDATION

LUXE UMALAS

Tucked away in Umalas, this elegant 3-bedroom villa offers a stylish retreat with easy access to the area's vibrant lifestyle.

View Villa →



VILLA RECOMMENDATION

NEXA TOWNHOUSE

NEXA Townhouse Umalas is a modern 3-bedroom villa in peaceful Umalas. Canggu is 4 minutes away, and Batu Belig Beach is a 10-minute drive.

View Villa →

GENTLE NOTE

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UBUD

1 hr 15–1 hr 45 min

Best for: guests who want a soft, nature-led reset. It is about 1–1.5 hours from the coast, so plan travel if sessions are elsewhere.

Lush, spiritual, and restorative. Ubud sits inland among jungle, rivers, and rice terraces. It is Bali's heart for wellness, yoga, and healing.



PLACE TO STAY

Our Suggestion



VILLA RECOMMENDATION

TRANQUIL 3 BEDROOMS

A private 3-bedroom villa with river views in Pejeng, Ubud, just minutes from Ubud Palace and Tegallalang rice terraces.

View Villa →



HOTEL RECOMMENDATION

ALILA UBUD

Modern Balinese design, open-air terraces, and lush gardens open onto sweeping jungle valley views.

View Hotel →

GENTLE NOTE

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BINGIN / ULUWATU

45–60 min

Best for: guests who find calm by the ocean and want a luxury feel. Roads can be hilly and busy at peak times, so choose a stay close to what you'll use.

Cliffs, ocean views, and golden light. On the southern Bukit peninsula, Bingin and Uluwatu have dramatic cliffs, clear water, and famous sunsets. The feel is relaxed but upscale.



PLACE TO STAY

Our Suggestion



VILLA RECOMMENDATION

VILLA SALTY BREEZE

Villa Salty Breeze is a two-story villa with calm, Japanese-style design. Unwind with infrared recovery or a refreshing wooden ice bath.

View Villa →



HOTEL RECOMMENDATION

RENAISSANCE BALI ULUWATU RESORT

Overlooks the Indian Ocean, near white sand beaches and Uluwatu Temple. Enjoy ocean-view rooms, infinity pools, a spa, and Roosterfish Beach Club.

View Hotel →

GENTLE NOTE

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SANUR

45–60 min

Best for: guests who want simple, low-stress days, sunrise walks, and an easy place to find their feet.

Gentle, easy, and grounded. Sanur is on the east coast with calm water and a long, flat beachfront path. It is one of Bali's most relaxed and easy-going areas.



PLACE TO STAY

Our Suggestion

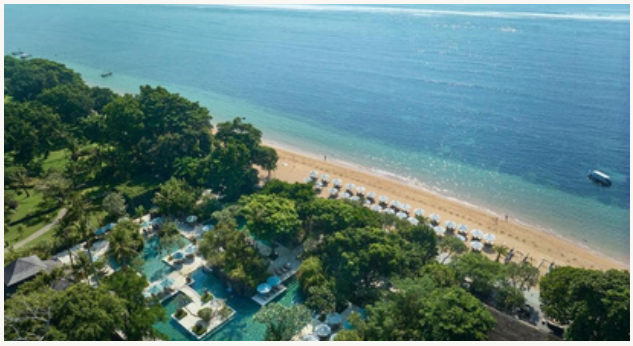


VILLA RECOMMENDATION

CASA SACHI & CASA HALONA

A stylish 2-bedroom villa in central Sanur, minutes' walk from the beach. Each bedroom has an ensuite, plus an enclosed living area, full kitchen, and private pool.

View Villa →



HOTEL RECOMMENDATION

HYATT REGENCY

Hyatt Regency Bali is a beachfront resort in Sanur with a private beach and tropical gardens. Enjoy elegant garden-view rooms, three outdoor pools, and three restaurants.

View Hotel →

GENTLE NOTE

These are only suggestions. You're free to choose and book your own stay. Your sessions can take place in your own villa, so pick a space that feels private and calm to you.

TIPS FOR CHOOSING YOUR STAY

- Stay close to your sessions. Less time in traffic means more time to rest.
- Choose quiet over central. A calm side street beats a busy main road.
- Choose a calm, spacious stay. Give yourself room to be with yourself, breathe, and feel centered.
- Pick one or two anchors. A spa, gym, or café you can reach in 10 minutes helps you settle.
- Book a massage ahead. Having it planned for after a heavy day takes the pressure off.
- Keep evenings light. Gentle movement, a good meal, and early nights help the work land.
- Care for yourself between sessions. Drink plenty of water, meditate, and rest well. Journal if you need to, so your mind can settle into peac